



Food Label Reading and Application

Nutrition & Physical Activity Program
Division of Chronic Disease & Injury Prevention
Department of Public Health





Objectives

1. Understand and identify at least two reasons why being able to accurately read a food label is important for staying healthy.
2. List the three important components of a food label that help when trying to choose/purchase a food product.
3. Learn the six steps in how to read a food label.
4. Understand how to use the percent daily value and the “5/20 Rule”.
5. Identify products made mostly with whole grains, sources of synthetic trans fats and added sugars from the ingredients label.

Why Read the Food Label?

- A food label on a food package contains three key components:
 - Nutritional value
 - Ingredients list
 - Nutrition claims
- Food labels help people to:
 - improve their eating habits;
 - be more informed about the nutrients the food product(s) have before they choose and purchase or consume the item.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 12

| Amount Per Serving | |
|-------------------------------|-----------------------|
| Calories 260 | Calories from Fat 120 |
| % Daily Value | |
| Total Fat 13g | |
| Saturated Fat 5g | |
| Trans Fat 2g | |
| Cholesterol 30mg | |
| Sodium 660mg | |
| Total Carbohydrate 31g | |
| Dietary Fiber 0g | |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | Vita |
| Calcium 15% | Iron |

Comparison Table:

| | | |
|--------------------|-------------------|----------|
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400 mg |
| Total Carbohydrate | 300g | 375g |
| Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
** Intake of trans fat should be as low as possible

INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITING AGENT), AND GARLIC POWDER.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Why Read the Food Label? (Continued)

Food labels also...

- Provide information on important nutrients such as sodium, cholesterol, fiber, saturated fat and other nutrients of major health concern.
- Contain information on food allergens.
- Helps you understand not just the grams and percentages of the nutrients in the product but what is in your food.

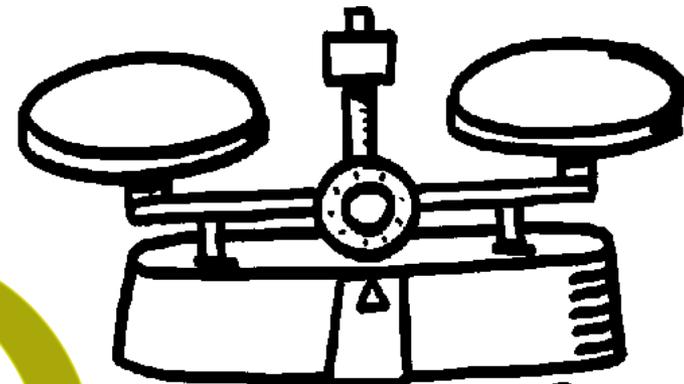


Ingredients List

| Nutrition Facts: | |
|-------------------------------|----|
| Serving Size 8fl.ozs.(240 mL) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 0 | |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrates 0g | 0% |
| Sugars 0g | |
| Protein 0g | |

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: purified water, organic extracts from cloves, organic cardamom seeds, organic cinnamon bark, and natural flavor



A list of ingredients on a food label will tell you what is in the food. The ingredients on the list appear in descending order by weight.

Nutrition Claims: “Free”



- **Definition:** < 0.5 g or < 5 calories of the nutrient **per serving**
- **These nutrients may be used with the term “free”:**
 - Fat
 - Saturated fat
 - Cholesterol
 - Sodium
 - Sugars
 - Calories
- **Other terms used:** *Without, no, zero, skim (for fat-free milk)*

Nutrition Claims: “Low”

- **Meaning:** You can eat this food often and you will not exceed the recommended amount of that nutrient.
- **Nutrients that may be used with the term “low”:**
 - Fat < 3g
 - Saturated fat < 1g*
 - Cholesterol < 20mg **and** < 2g sat fat
 - Sodium <140 mg
 - Very low sodium < 35 mg
 - Calories < 40 calories
- **Other terms used:** *Little, few, low source of, contains a small amount of.*

*with not more than 15% of calories from sat fat



Nutrition Claims: “Good source”

- **Definition: Contains 10%-19% of the DV for a certain nutrient per serving.**
- **These nutrients may be used with the term “good source”:**
 - Calcium
 - Fiber
 - Vitamins (e.g. A, C, D)
 - Iron
- **Other terms used: *More, enriched, fortified, extra, plus, or added.***

| Nutrition Facts | |
|---|------------------------------|
| Serving Size ½ cup (114g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 200mg | 13% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 80% | Vitamin C 60% |
| Calcium 4% | Iron 4% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Nutrition Claims: “High”

- **Definition:** Can be used if food contains $> 20\%$ DV of a certain nutrient.
- **Examples of nutrients that may be used with the term “high”:**
 - Calcium
 - Fiber
- **Other terms used:** *Rich in, excellent source of.*



Nutrition Claims: “Reduced”



- **Definition:** Food item is at least less than 25% of specified nutrient or calories than the original product per serving.
- **Nutrients that may be used with the term “reduced”:**
 - Fat
 - Salt
 - Calories
- **Note:** This term may not be used if the original version already meets the “low” claim requirement.

Nutrition Claims: “Less”

- **Definition:** Food item is at least less than 25% of specified nutrient or calories than another food. the original product per serving.
- **These nutrients that can be used with the term “reduced”:**
 - Fat
 - Salt
 - Calories
- **On a label:** less sodium/fat, 25% less fat than...
- **Other terms used:** Fewer.



Sample label for
Macaroni & Cheese

Nutrition Facts

① **Start Here** →

Serving Size 1 cup (228g)
Servings Per Container 2

② **Check Calories**

Amount Per Serving
Calories 250 **Calories from Fat** 110

③ **Limit these Nutrients**

| | % Daily Value* |
|-------------------------------|-----------------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

⑥

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

④ **Get Enough of these Nutrients**

⑤ **Footnote**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Step 1. Serving Size

- Definitions:
 - **Serving Size** – a *predetermined* standardized amount of food item/product.
 - **Serving Size on a Nutrition Facts label** – information is based on what the average person eats at one time.

Sample label for
Macaroni & Cheese

| Nutrition Facts | |
|---------------------------|-----------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |

In this example, 1 serving of macaroni and cheese = 1 cup.



| | Single Serving | %DV | | Two Servings | %DV |
|---------------------------|----------------|-----|--|---------------|-----|
| Serving Size | 1 cup (228g) | | | 2 cups (456g) | |
| Calories | 250 | | | 500 | |
| Calories from Fat | 110 | | | 220 | |
| Total Fat | 12g | 18% | | 24g | 36% |
| Trans Fat | 1.5g | | | 3g | |
| Saturated Fat | 3g | 15% | | 6g | 30% |
| Cholesterol | 30mg | 10% | | 60mg | 20% |
| Sodium | 470mg | 20% | | 940mg | 40% |
| Total Carbohydrate | 31g | 10% | | 62g | 20% |
| Dietary Fiber | 0g | 0% | | 0g | 0% |
| Sugars | 5g | | | 10g | |
| Protein | 5g | | | 10g | |
| Vitamin A | | 4% | | | 8% |
| Vitamin C | | 2% | | | 4% |
| Calcium | | 20% | | | 40% |
| Iron | | 4% | | | 8% |

Step 2: Check Calories

Amount Per Serving

Calories 250 **Calories from Fat** 110

General Guideline to Calories*

40 calories is **low**

100 calories is **moderate**

400 calories is **high**

**Based on a 2,000 calorie diet*



Step 3: Limit These Nutrients

A diet high in saturated fat, trans fat, sodium and cholesterol increases your risk for heart disease, diabetes and high blood pressure.

The goal is to stay below 100% of the Daily Value for each of these nutrients daily.

| | |
|-------------------------|------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans Fat 3g</i> | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |



Step 4: Get Enough of These Nutrients



Dietary Fiber 0g

0%

Vitamin A

4%

Vitamin C

2%

Calcium

20%

Iron

4%

Eating adequate amounts of these nutrients may help protect against certain chronic health conditions.

Step 5: Footnote

Calories from Fat 110

% Daily Value*

18%

15%

10%

20%

10%

0%

4%

2%

20%

4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |



Another Look at the Footnote

| Nutrient | DV | %DV | Goal |
|---------------------------|-----------|------------|-------------|
| Total Fat | 65 g | = 100%DV | Less than |
| Sat Fat | 20g | = 100%DV | Less than |
| Cholesterol | 300 mg | = 100%DV | Less than |
| Sodium | 2400 mg | = 100%DV | Less than |
| Total Carbohydrate | 300 g | = 100%DV | At least |
| Dietary Fiber | 25 g | = 100%DV | At least |

Based on a 2,000 Calorie Diet

Step 6: Quick Guide to % Daily Values

| | % Daily Value* |
|-------------------------------|-----------------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

The % DV is based on 100% of the daily value for each nutrient.



Do I have to calculate the % DV?



| | % Daily Value* |
|-------------------------|-----------------------|
| Total Fat 12g | ? |
| Saturated Fat 3g | ? |
| Trans Fat 1.5g | |
| Cholesterol 30mg | ? |
| Sodium 470mg | ? |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

The % DV does the math for you!

| | |
|-------------------------|------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |



THE 5 / 20 RULE

- 5% DV or less -
not a good source
- 20% DV or more -
a good source

Limit these nutrients

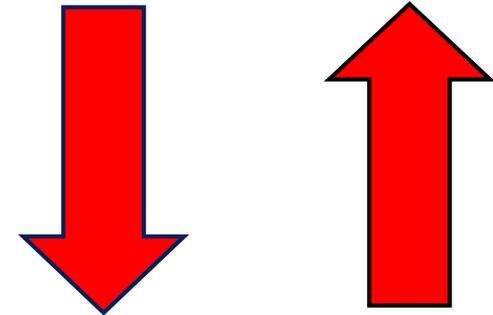
Get enough of these nutrients

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

5% DV or less is Low



20% DV or more is High

Nutrients Without % DV

- Trans Fat
- Sugars
- Protein



| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans Fat</i> 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 6g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

Trans Fats

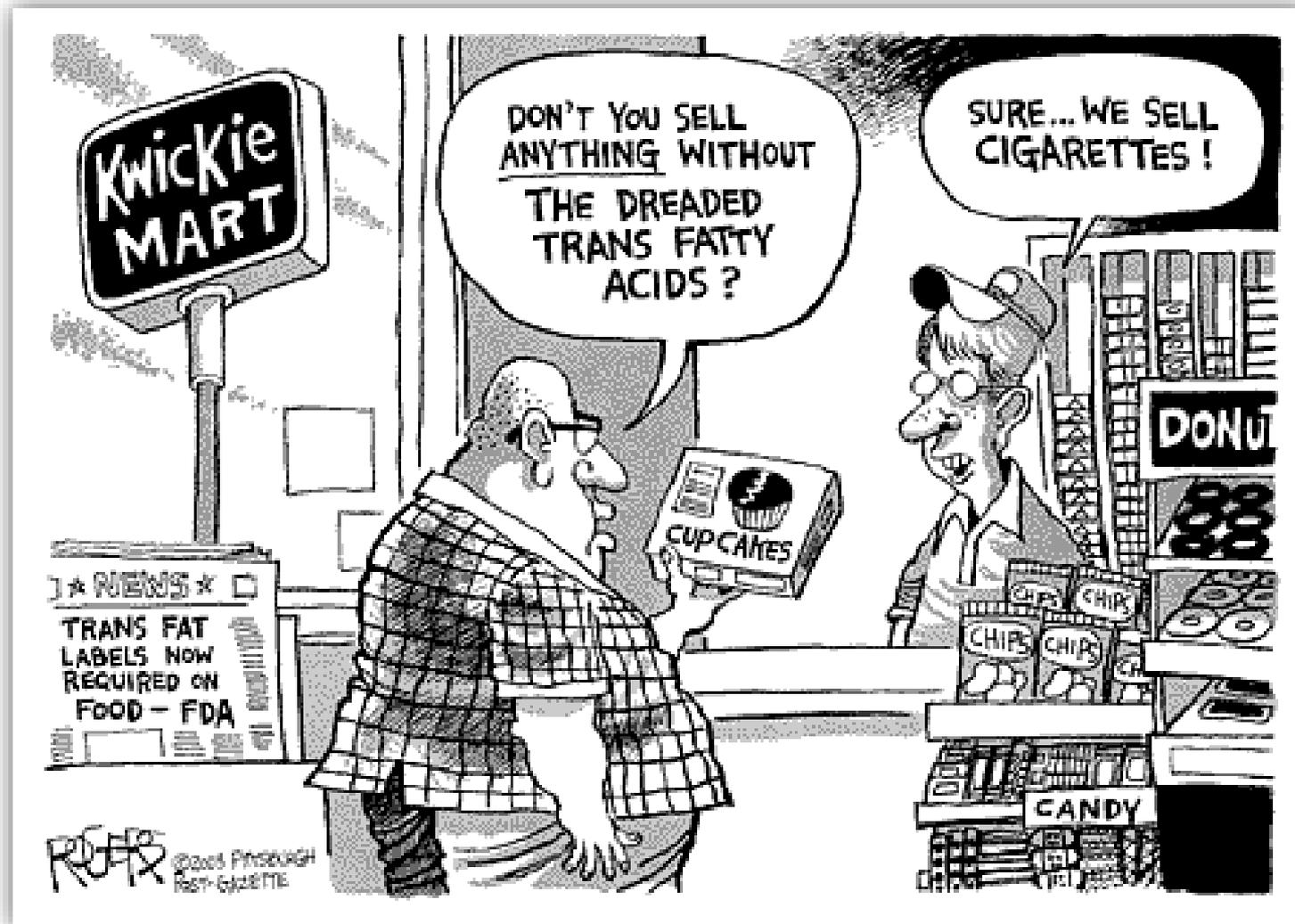
- FDA required food manufactures to list trans fat on food labels in 2006.
- Foods and supplements with **more than 0.5 g per serving** are required to be listed on the label.
- USDA Dietary 2010 Guidelines, “Americans should keep their intake of *trans* fatty acids as low as possible.”



Trans Fats

- November 2013—FDA announced to ban trans fats from all food products.
 - 4,340 top-selling packaged foods were tested
 - 84% labeled as zero grams trans fat but had trans fat in them
- CDC estimates ban on trans fats could prevent:
 - Additional 7,000 deaths from heart disease
 - 20,000 heart attacks annually





Trans Fats – Reading the Label

Make sure you read the ingredients list for “partially hydrogenated” or “hydrogenated oils”

Ingredients: Liquid Canola Oil, Water, **Partially Hydrogenated Soybean Oil**, Plant Stanol Esters, Salt, Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin), Hydrogenated Soybean Oil, Potassium Sorbate, Citric Acid and Calcium Disodium EDTA to Preserve Freshness, Artificial Flavor, dl- α -Tocopheryl Acetate, Vitamin A Palmitate, Colored with Beta Carotene.

Distributed by ... Nutritionals, LLC
FORT WASHINGTON, PA 19034 USA

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U.S. Patent No. 5502045.

OCT/25/10 L056





Added Sugars

- Added Sugars – any sugar that is *added* to foods or beverages during processing or preparation

TABLE A4-2. Examples of Added Sugars That Can Be Listed as an Ingredient

| | |
|-------------------------------|---|
| Anhydrous dextrose | Lactose |
| Brown sugar | Malt syrup |
| Confectioner's powdered sugar | Maltose |
| Corn syrup | Maple syrup |
| Corn syrup solids | Molasses |
| Dextrin | Nectars (e.g., peach nectar, pear nectar) |
| Fructose | Pancake syrup |
| High-fructose corn syrup | Raw sugar |
| Honey | Sucrose |
| Invert sugar | Sugar |
| | White granulated sugar |

Other added sugars may be listed as an ingredient but are not recognized by FDA as an ingredient name. These include cane juice, evaporated corn sweetener, fruit juice concentrate, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.



Added Sugars – Food Label Terms

Sugar-Free – less than 0.5 g of sugar per serving

Reduced Sugar or Less Sugar – at least 25% less sugars per serving compared to a standard serving size of the traditional variety

No Added Sugars or Without Added Sugars – no sugars or sugar-containing ingredient such as juice or dry fruit is added during processing

Low Sugar – not defined or allowed to be written on food labels

Added Sugars – Reading the Label

Plain Yogurt

| Nutrition Facts | |
|---|----------------|
| Serving Size 1 container (226g) | |
| Amount Per Serving | |
| Calories 110 Calories from Fat 0 | |
| | % Daily Value* |
| Total Fat 0g | 0 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | 0 % |
| Cholesterol Less than 5mg | 1 % |
| Sodium 160mg | 7 % |
| Total Carbohydrate 15g | 5 % |
| Dietary Fiber 0g | 0 % |
| Sugars 10g | |
| Protein 13g | |
| Vitamin A 0 % • Vitamin C 4 % | |
| Calcium 45 % • Iron 0 % | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Fruit Yogurt

| Nutrition Facts | |
|--|----------------|
| Serving Size 1 container (227g) | |
| Amount Per Serving | |
| Calories 240 Calories from Fat 25 | |
| | % Daily Value* |
| Total Fat 3g | 4 % |
| Saturated Fat 1.5g | 9 % |
| Trans Fat 0g | 0 % |
| Cholesterol 15mg | 5 % |
| Sodium 140mg | 6 % |
| Total Carbohydrate 46g | 15 % |
| Dietary Fiber Less than 1g | 3 % |
| Sugars 44g | |
| Protein 9g | |
| Vitamin A 2 % • Vitamin C 4 % | |
| Calcium 35 % • Iron 0 % | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Added Sugars – Reading the Label

Plain Yogurt

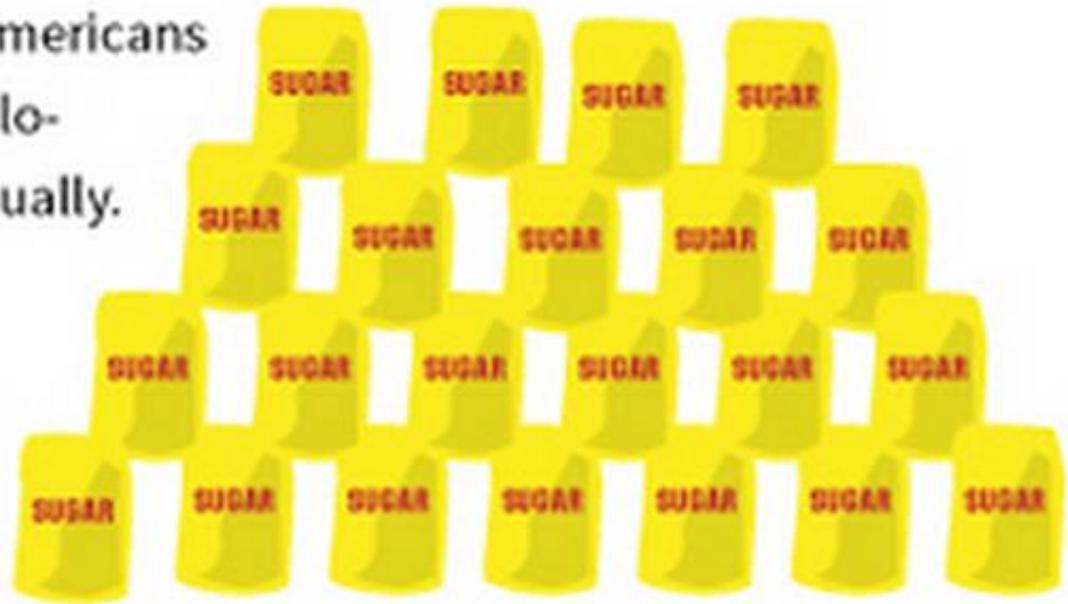
- Ingredients: cultured pasteurized grade A nonfat milk, whey protein concentrate, pectin.

Fruit Yogurt

- Ingredients: cultured grade A reduced fat milk, apples, **high fructose corn syrup**, cinnamon, nutmeg, natural flavors, and pectin.

Added Sugars

The USDA estimates that Americans consume 110.5 lbs. (50.1 kilograms) of added sugar annually. Two hundred years ago, Americans ate only 2 lbs. (0.9 kg) per year.



Added Sugars

- One sugar cube is equivalent to 1 teaspoon of granular sugar
- 16 calories
- 4 grams



=



Added Sugar Limit Recommendations

USDA Dietary Guidance for Americans (DGA) 2010:

- No more than 5-15% of your total daily calories from added sugar and solid fats.
- Which is approximately **9 teaspoons**.
- Max. 258 (13%) calories from solid fats and added sugars (SoFAS).



Added Sugar Limit Recommendations

American Heart Association (AHA):

- **Women:** No more than 100 calories a day from added sugar. (**6 teaspoons**)
- **Men:** No more than 150 calories a day from added sugar. (**9 teaspoons**)



Added Sugar Limit Recommendations

The World Health Organization (WHO):

Added sugar intake should be less than 10% of total calories per day.

- 50 g for a 2,000 calorie/day diet
- **12.5 teaspoons**





Other Food Label Claims

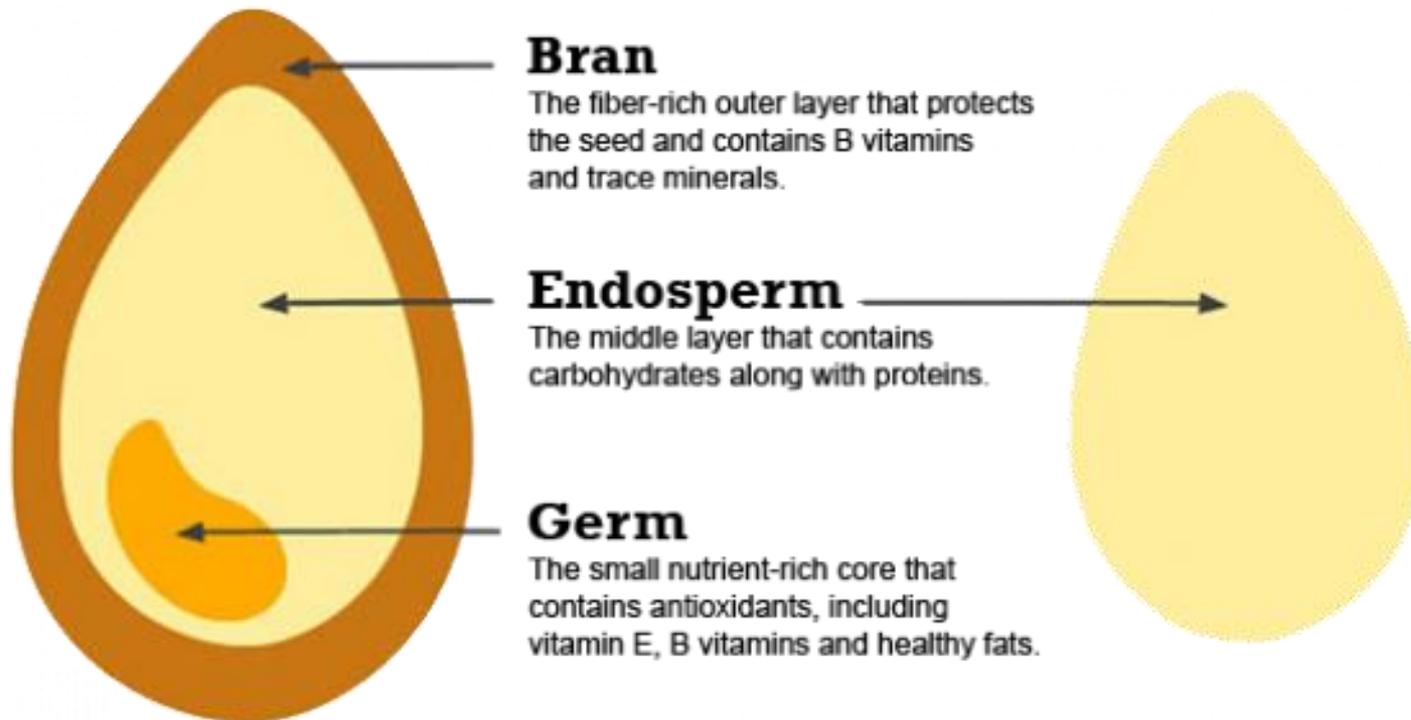


What About Grains?

Whole Grain

vs.

“White” Grain



Whole-Grains

TABLE A4-3. Examples of Whole Grains That Can Be Listed as an Ingredient

| | |
|------------------------|-----------------------|
| Brown rice | Whole-grain sorghum |
| Buckwheat | Whole-grain triticale |
| Bulgur (cracked wheat) | Whole-grain barley |
| Millet | Whole-grain corn |
| Oatmeal | Whole oats/oatmeal |
| Popcorn | Whole rye |
| Quinoa | Whole wheat |
| Rolled oats | Wild rice |

Whole Grains – Reading the Label

INGREDIENTS:

WHOLE GRAIN WHEAT FLOUR,
WATER, SUGAR, WHEAT GLUTEN,
SOYBEAN OIL, NATURAL FLAVOR,
SEA SALT, YEAST, CULTURED
WHEAT FLOUR, MOLASSES, SOY
LECITHIN, RAISIN JUICE, VINEGAR,
ASCORBIC ACID; TOPPED WITH
WHEAT BRAN.

Whole-Grains should be listed as a first or second ingredient



So what qualifies as a whole grain-rich food?

According to the USDA Food and Nutrition Service (Schools):

- Foods must meet one of three requirements:
 - a. Contain at least 8 g of whole grain (fiber) per serving OR
- 2. Qualify for FDA whole grain health claim (51% whole grain by weight) OR
- 3. The phrase “whole grain” listed as the first ingredient by weight for grain-based products (e.g. breads, cereals)
- In essence, at least 50% of the grain must be whole grain.

Sodium – Reading the Front Label

| | | |
|--|---|--|
| Salt/Sodium-Free | → | Less than 5 mg of sodium per serving |
| Very Low Sodium | → | 35 mg of sodium or less per serving |
| Low Sodium | → | 140 mg of sodium or less per serving |
| Reduced Sodium | → | At least 25% less sodium than in the original product |
| Light in Sodium or Lightly Salted | → | At least 50% less sodium than the regular product |
| No-Salt-Added or Unsalted | → | No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure! |

Sodium – Reading the Back Label

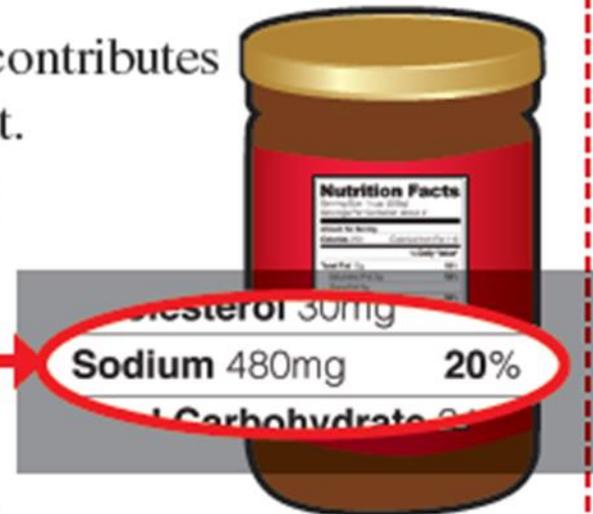


Use the Percent Daily Value (%DV) to Compare Products

The %DV tells you whether a food contributes a little or a lot to your total daily diet.

**5%DV (120 mg) or less of sodium
per serving is low**

**20%DV (480 mg) or more of sodium
per serving is high**



PROPOSED LABEL / WHAT'S DIFFERENT



Servings:
larger,
bolder type

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories **230**

% DV*

12% **Total Fat** 8g

5% **Saturated Fat** 1g

Trans Fat 0g

0% **Cholesterol** 0mg

7% **Sodium** 160mg

12% **Total Carbs** 37g

14% **Dietary Fiber** 4g

Sugars 1g

Added Sugars 0g

Protein 3g

10% **Vitamin D** 2mcg

20% **Calcium** 260mg

45% **Iron** 8mg

5% **Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Serving sizes
updated

Calories:
larger type

Updated
Daily
Values

% DV
comes first

New:
added sugars

Change
of nutrients
required

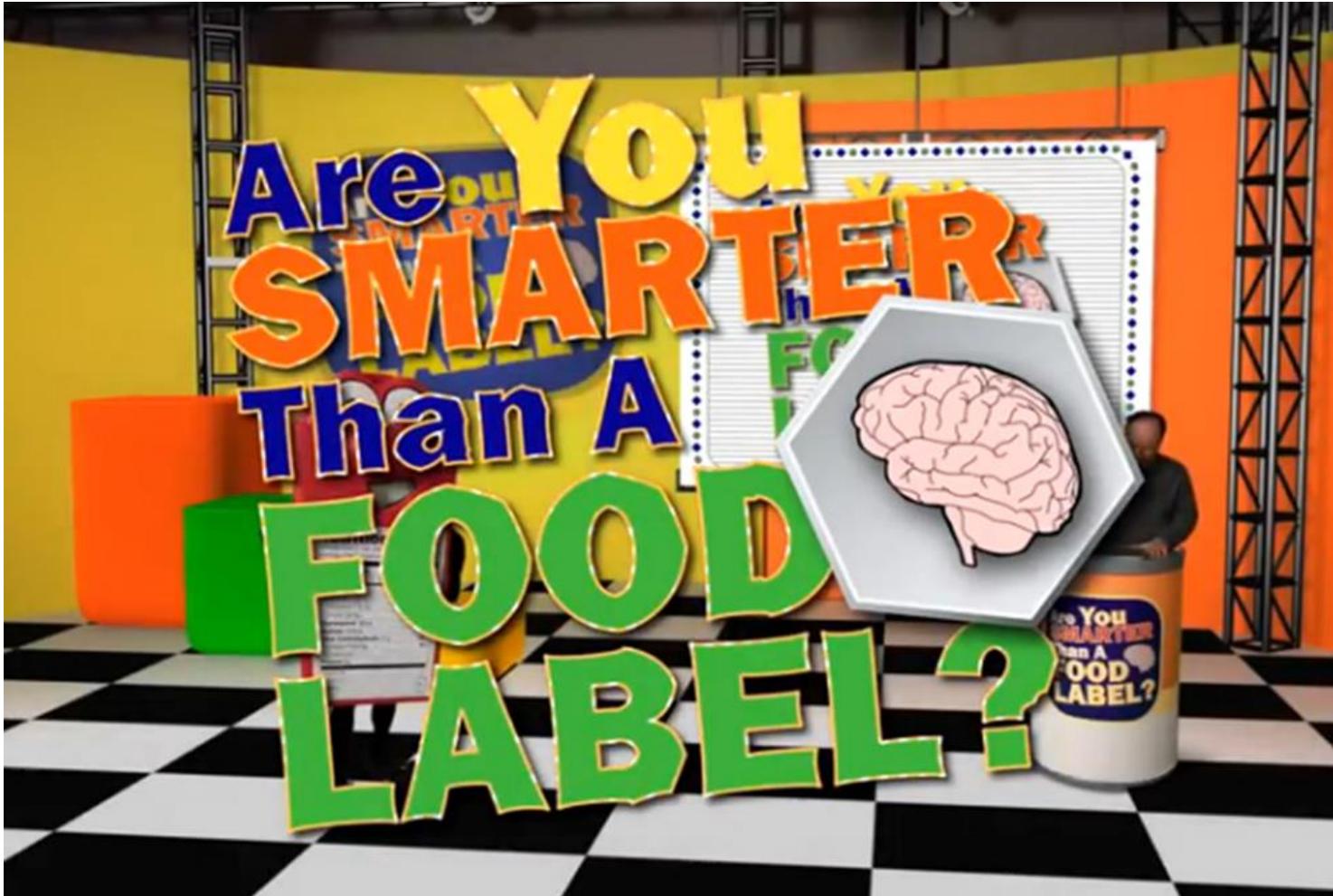
Actual
amounts
declared

New
footnote
to come

Photo and information source:
<http://www.foodnavigator-usa.com/Regulation/FDA-s-proposed-nutrition-label-changes-emphasize-calories-serving-sizes>



Let's check your understanding!





What does the servicing size on a Nutrition Facts label tell us?

- The amount contained in the package;
- Recommended serving size that's normal/healthy;
- A pre-determined serving size that's based on what a typical person eats and/or what the manufacturer wanted it to be.



c) A pre-determined serving size that's based on what a typical person eats and/or what the manufacturer wanted it to be



What is the “5/20 Rule”?

- The formula for the number of calories it takes to run 5 miles in 20 minutes;
- The body’s standard burn rate for fat consumed;
- A method to tell if a food is low or high in a particular nutrient.



c) A method to tell if a food is low or high in a particular nutrient.



What are the 3 things to remember when making healthy food choices?



Servings, calories and %DV (Daily Value)



What does “Excellent source of fiber” mean on a food label?

- That the product is made with **100% whole grains**;
- There’s at least **19% DV** worth of fiber in this product;
- This product contains **20% or more** of the DV for fiber;
- This term is **not allowed** to use on the food label.



**c) This product contains 20%
or more of the DV for fiber;**



**A Special Thanks to Our Contributor
Sahra Pak, MS, RD**